



Join the Voices for Recovery: Celebrating Connections

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Each year, Recovery Month selects a new focus and theme to spread the message and share the successes of treatment and recovery. The 2020 Recovery Month observance will work to inspire people across the country to recognize the strength and resilience of individuals living in recovery as well as to support those with substance use disorders or co-occurring disorders to consider seeking treatment.

The 2020 National Recovery Month theme, “**Join the Voices for Recovery: Celebrating Connections,**” reminds people in recovery and those who support them, that we all have victories to celebrate and things we may wish we had done differently. This is true of everyone and, as in most cases, we cannot do it alone. Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible.

SAMHSA’s National Helpline 1-800-662 HELP (4357)

for 24-hour, free and confidential
information and treatment referral

SAMHSA resources for locating treatment services: <https://www.samhsa.gov/find-treatment>

<https://www.naadac.org/national-recovery-month>